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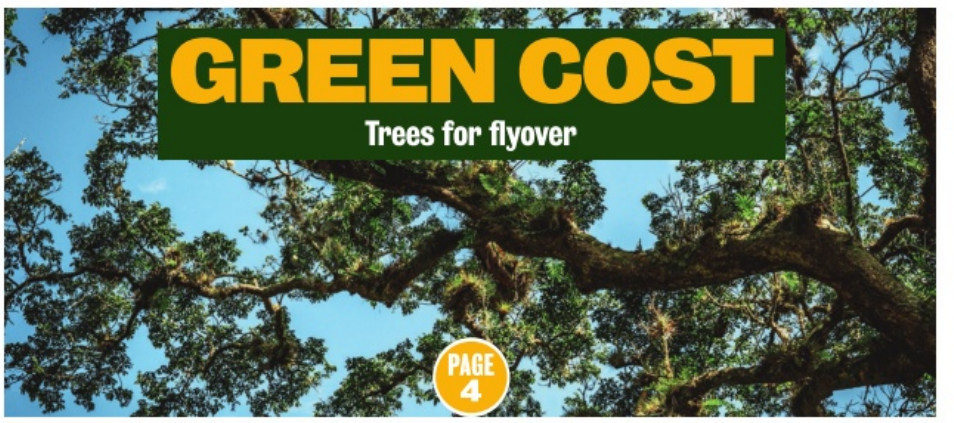
Bangalore Mirror

TEMP Max 28 | Min 16 | Humidity 55% Partly Cloudy Sensex 69,928 | Nifty 20,997 | Gold 61,520 | Silver 72,162 | Dollar 83.37 | Euro 89.70 | GBP 104.81

OLD & VICE

Elderly risk life

PAGE 3



GREEN COST

Trees for flyover

PAGE 4

How to design-think sustainability, safety, health, creativity to make Bengaluru more liveable, resilient, inclusive, future-ready

BACK TO THE FUTURE

Wide range of infra to take off in 6 verticals

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TWEETS @BangaloreMIRROR

Change makers, policy makers and other stakeholders are coming together to make Bengaluru more liveable, resilient, inclusive and future-ready. The city shall see a series of infrastructure projects in the next five years. A wide range of infra are to take off in six different verticals, we are told.

In a five-year plan, the World Design Organisation (WDO) along with Srishti Manipal Institute, Bruhat Bengaluru Mahanagara Palike and Association of Designers in India (ADI) will design-think sustainability, safety, health, creativity to address mounting civic issues of the young metropolis.

Jacob Mathew, industrial designer and president, ADI, Bengaluru chapter told BM that over the next five years a number of projects will be taken up with completion timelines between 1-5 years.

"There are six schematic areas. First is, Sustainable Bengaluru, to address issues pertaining to waste management, water, energy and meet the challenges of climate change. Second is Enterprise Bengaluru to aid start-up ecosystems. Third vertical is Built Bengaluru with a strong focus on enhancing last-mile mobility. It shall also revive shadow spaces, such as spots under flyovers or metro pillars which are illegally used as dumping grounds for garbage, and explore how these spaces can be developed.

CONTINUED ON PAGE 8 »

SCOTT WEBB/PEXELS

> "We decided to design and develop Bengaluru as world's first design protopolis
>
> — Betrand Derome, managing director, World Design Organisation

Resident serpents

Rescuers BM spoke to said non-venomous snakes were found on BBMP premises

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TWEETS @BangaloreMIRROR

Snake rescuers have been receiving a lot of calls from the Bruhat Bengaluru Mahanagara Palike headquarters for a few months now.

However, the rescuers BM spoke to said mostly non-venomous snakes were found on the premises.

For the past three months, snake rescuers have been receiving calls from BBMP officials regarding snakes on the premises.

The reptiles have been spotted in the commissioner's office, Annexure 1 building, and the counselling building.

Allaying all safety concerns, snake rescuers told BM that only two rat snakes were found upon a thorough search on the premises; the snakes in question have been constantly moving around.

"For the past three months, we have been getting calls for snake rescue from inside the BBMP office. Upon visiting, we saw just two rat snakes. Rat snakes are non-venomous; the public need not fear. They usually hide inside AC ducts and old furniture; they are not easy to catch. We are not relocating the non-venomous snakes fearing their survival post a change in habitat," said a snake rescuer.

They believe snakes are coming from nearby Cubbon Park and Lalbagh through the stormwater drains.

"We have been spreading awareness amongst officials about snakes. The rat snakes are harmless and can curb the rat

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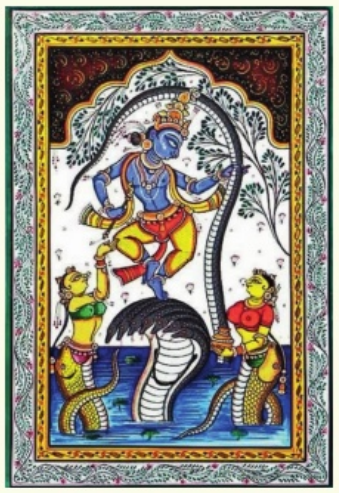
3 THINGS TO DO

01 Crafty show



The Grand Rajasthani Exhibition is back in town with the latest collection of artistic goodies. The exhibition-cum sale has been organised by Maaruthi Enterprises. You can explore a range of handicrafts, including Odisha tie and dye, handlooms, jewellery, gems, bed rugs from Uttar Pradesh, Kalamkari sarees, earrings, kurtas, and more.
Where: Sri Rajarajeshwari Kalyana Mantapa, Dr Rajkumar Road, 2nd Block, Rajajinagar
When: until December 24; 10 am to 9 pm

02 Artful taste

Get ready to attend the 3rd edition of the India Art Festival (IAF), which aims to showcase an unprecedented array of artistic talents. You can find some of the very interesting contemporary art presented by over 25 art galleries and featuring contributions from 400 artists hailing from various cities across the nation. You can also explore artistic expressions and the latest art trends.

Where: King's Court, Palace Grund, Gate no. 5, Bellary Road, near Mekhri Circle
When: December 14–17; 11 am to 8 pm on all days 6:30 pm (Mondays closed)

03 Musical aura

If you have been waiting for an extravaganza experience of music, then here's your chance to attend Magnetic Music Season 01 by ZLB23. The event features a lineup of nine bands from around the world and a selection of some of the finest musicians in these genres.
Where: ZLB23, The Leela Palace, Old Airport Road
When: until December 15; 8 pm onwards

Planning any mischief in exams? Don't you dare

State govt introduces bill to curb any unfair means in public examinations; anyone caught in malpractices may have to pay fine up to Rs 10 crore

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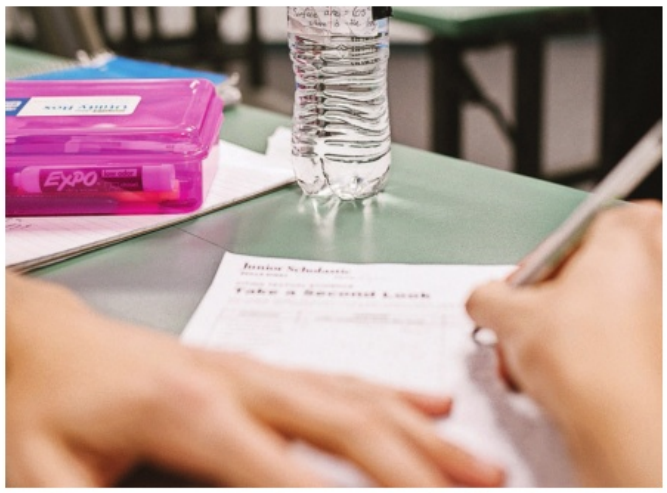
With the recruitment exams mired in controversy, the government has finally decided to act. It has introduced a bill in the ongoing winter session where anyone caught indulging in malpractice may have to cough up a fine of Rs 10 crore! The bill titled 'The Karnataka Public Examination (measures for prevention of corruption and unfair means in recruitment) Bill 2023,' lays out stringent penalties, encompassing imprisonment ranging from eight to twelve years and fines ranging from fifteen lakh to ten crore rupees for various offences. These stringent measures are intended to apply to recruitment processes conducted by various authorities, including the Karnataka Public Service Commission, the Karnataka Examination Authority (KEA), state-funded universities, and any other entities designated by the state government.

The government justifies the necessity of this bill by stressing its commitment to curbing unfair means, corruption, and potential question paper leaks in public examinations conducted for recruitment purposes. The bill, in its provisions, specifically outlines penalties for examinees involved in unfair practices. It mandates imprisonment for up to five years and a monetary fine of no less than ten lakh rupees.



The bill encompasses imprisonment ranging from 8 to 12 years

> **"The envisioned penalties are intended to act as a deterrent, discouraging individuals from engaging in unfair means and ensuring the credibility of public exams**
> –an official

"Furthermore, the bill extends its purview to individuals, including examinees, who are entrusted with the responsibility of conducting public examinations. It stipulates imprisonment ranging from eight to twelve years and fines spanning from fifteen lakh to ten crore rupees. Failure to comply with the prescribed fine may result in an additional two-year term of imprisonment. The bill also bestows the examination authority with the authority to debar examinees found guilty of impersonation, submitting fabricated documents, making false statements, or utilising unfair means," said an official.

Such individuals may face either permanent or temporary debarment from participating in future examinations. In addition to these punitive measures, examinees convicted under the provisions of this bill will face a prohibition from taking any public examination for a two-year period. The legislation underscores the importance of designated courts to address offences related to unfair practices in recruitment exams. This approach aims to foster a more transparent and accountable examination system within the state, they added.

Last year, the government was in the dock over the PSI recruitment scam. This year, the recruitment for first division assistants was mired in controversy following large-scale exam malpractice using Bluetooth devices. Many of the accused are still at large. Hence, the government now claims that by proposing this bill, it is not only taking a strong stand against malpractices but is also actively working towards fortifying the integrity of the recruitment process.

"The envisioned penalties are intended to act as a deterrent, discouraging individuals from engaging in unfair means and ensuring the credibility of public examinations. This landmark bill signifies a pivotal step towards creating a fair and just recruitment environment in Karnataka. It aligns with the broader vision of promoting ethical conduct and upholding the sanctity of examinations," said an official.

Know side effects before taking this med

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The Indian Pharmacopoeia Commission (IPC) recently issued a drug safety alert about the painkiller Meftal as it triggers DRESS syndrome, known as drug rash. The city health professionals are of the same view about avoiding the use of the drug as it could result in side effects.

Mefenamic acid is a nonsteroidal anti-inflammatory drug (NSAID) used to treat mild-to-moderate pain. It may also be used to treat menstrual cramps and other inflammatory conditions. Meftal Spas is commonly used as medicine by many women for menstrual cramps; the question arises if health professionals consider it a safe drug.

Dr Smrithi D Nayak, Consultant - Obstetrics and Gynaecology, Aster RV Hospital, said, "Painkillers should always be taken after proper consultation with doctors. Recent times show patients resorting to taking painkillers without a prescription being purchased over the counter. Overuse of painkillers is also a concern, as many patients try to delay visits to the treating doctor by ingesting multiple doses of painkillers."

Meftal Spas is commonly used by many women for menstrual cramps

Furthermore, Dr Thejaswini J, Consultant - Obstetrician and Gynaecologist, Motherhood Hospitals, Electronic City, pointed out that it is not safe to use this drug anymore. "Meftal Spas is no longer considered a safe drug for menstrual cramps, and a safety alert has been issued regarding its adverse reactions. As per the government's advisory, it has been advised to stop prescribing. Rather, it is suggested to consult healthcare professionals to evaluate the associated risks and explore alternative pain management options."

The common side effects of it are diarrhoea, constipation, gas or bloating, headaches, dizziness, and nervousness.

The health professionals also pointed out that patients have started to address concerns regarding the drug and are asking for alternative painkillers.

Speaking about the precautionary measures that individuals using Meftal Spas, particularly for menstrual cramps, should consider, Dr Nayak said, "Take the medication with food and a glass full of water at regular time intervals as prescribed by the physician for best results. Avoid drinking alcohol during treatment, as it could increase the risk of stomach bleeding. In cases of stomach upset, an antacid can be taken along with the drug. Dose should be modified at extremes of age; low doses can be prescribed for both children less than 14 years of age and for elderly patients greater than 65 years of age. Do not take the missing dose the next day, as it leads to therapeutic duplication."

Mobile tower set-up might get state govt Rs 8,000 cr revenue

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If all goes well, the Bruhat Bengaluru Mahanagara Palike (BBMP) is expected to receive Rs 80 crore and the state government to get revenue worth Rs 7,000 crore to Rs 8,000 crore from mobile phone towers installed by telecom service providers who had set these towers up without permission.

Chief Minister Siddaramaiah has directed the Chief Secretary to instruct the authorities concerned to inspect and verify mobile phone towers functioning across the state without paying the specified fees. The Chief Minister issued the directive based on a letter from former MLC and KPCC spokesperson Ramesh Babu.

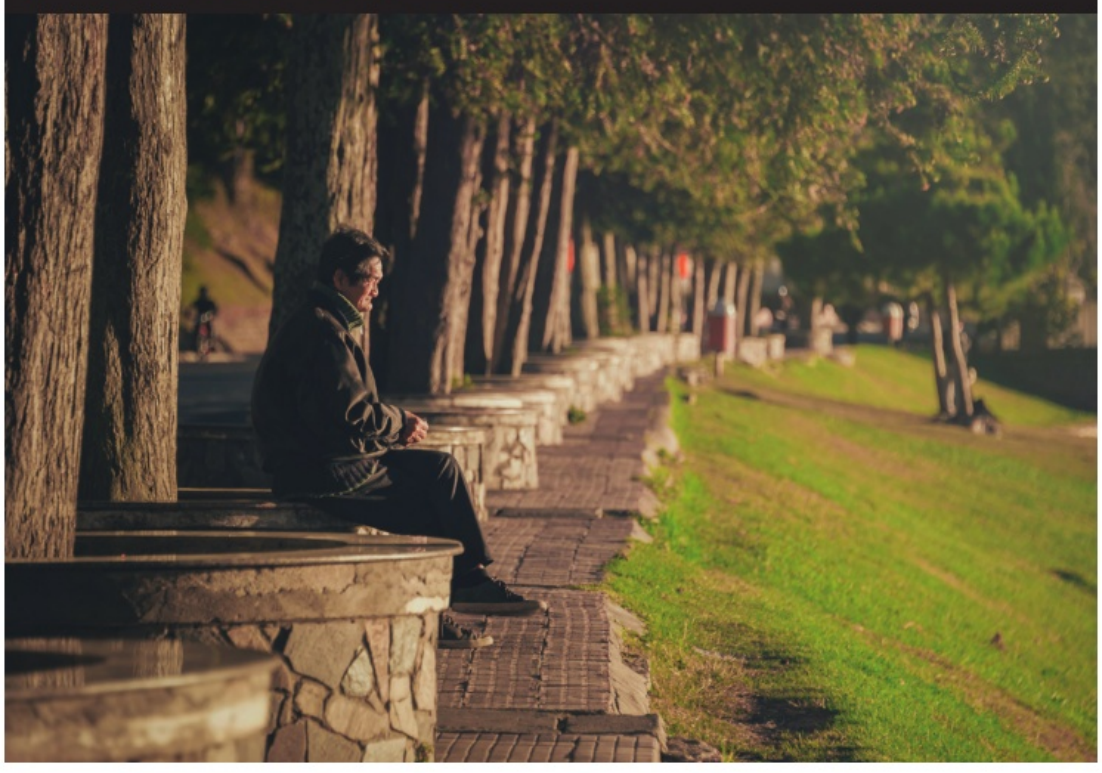
The chief minister has directed the Chief Secretary to instruct the officials of local bodies to collect the installation fees from telecom service providers with effect from May 29, 2019.

Ramesh Babu, in a letter to the Chief Minister, has stated that there are around 48,000 mobile phone towers across the state and around 8,000 mobile phone towers in the BBMP's jurisdiction. According to the letter, the BBMP collects Rs 1 lakh for each mobile phone tower, city corporations collect Rs 50,000, city municipalities Rs 35,000, and gram panchayats Rs 15,000 for each mobile phone towers installed by the telecom service providers and digital communication providers as per Karnataka Installation of New Telecommunication Infrastructure Towers Regulation 2019.

He said the service charge and licence fees are less in Karnataka when compared to neighbouring states. He has also stated that many mobile phone towers are installed without paying the specified fees to the local authorities. "I appeal to you to direct the officials to collect the installation and other fees from the telecom service providers and also consider hiking the installation fee on par with neighbouring states that collect Rs 2 lakh towards installation fee," he said in the letter to the Chief Minister.

FOR PROPERTY, THERE WILL BE BLOOD

Most murders of elderly in city by family members over property disputes



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Karnataka has recorded 12 murders, 51 cases of attempt to murder and two culpable homicide amounting to murder, all for property disputes in 2023.

In one such case in Sulibele village in Bengaluru Rural District, an elderly couple were allegedly killed by their son following a property dispute. The deceased have been identified as Ramakrishnappa, 70, and his wife Muniramakka, 65. Reportedly, the couple was suspected of being murdered by their son Narasimha as they wanted to distribute their possessions to their daughters as well.

Ramakrishanappa and Muniramakka have five children -- four daughters and one son -- and they wanted to distribute their property equally among the children.

According to the police, the elderly couple was probably killed by the suspect on Sunday evening. According to the preliminary investigation, after murdering the couple, the suspect allegedly exited the house by locking the door from the outside. The murder was discovered when the couple failed to answer their phone when one of their daughters called. The police detained suspect Narasimha and questioned him in response to a complaint filed by one of the couple's daughters.

Mallikarjun Baladandi, Superintendent of Police, Bengaluru Rural District, said that the bodies were taken to a hospital by police, and an investigation is underway.

However, it can be seen that senior citizens in the community are more prone to being attacked for fraud or for property disputes. In several cases, senior citizens have been killed by their own family members due to dispute over property.

Crimes against elderly

According to the latest NCRB data, crimes against elderly nearly increased by two fold in 2022 compared to the previous year. In 2020, 210 cases were reported; in 2021 the city recorded 237 cases which increased to 458 cases in 2022.

As many as 392 people were arrested in Bengaluru in 2022 for crime against senior citizens and a major percentage of the accused persons are men. Forgery, deception, and fraud accounted for the majority of instances against the elderly (174), followed by simple harm (70), theft (66), robbery (39), and murder (17).

As many as 16 incidences of assault on women with the purpose to offend their modesty were reported. According to the report, five attempted murder cases, 19 incidents of criminal trespass, and 12 cases of criminal intimidation against elderly citizens were filed.

As per the data, the police now has 630 cases to investigate for crime against elderly in Bengaluru as there are additional 172 pending cases from 2021.

11 detained in auto driver's murder case

As many as 11 individuals have been detained by the police in relation to the December 6 murder of a 24-year-old autorickshaw driver in Byatarayanapura. The names of some of the accused are Prashanth, also known as Appu, Madhu and Harish.

Police said that an old enmity was behind the stabbing of driver, Arun. The multiple attackers had stabbed him more than 20 times when he was in New Timber Layout. Bharath S Reddy, Assistant Commissioner of Police (ACP) in Byatarayanapura, is looking into the matter.

Trouble began when Harish, the main suspect in the case, allegedly got into a brawl with some men in Cottonpet near a Chamarajanagar pub. People who had a dispute with Harish reportedly then approached auto driver Arun in order to spy on Harish.

Prior to his death, Arun allegedly used to land up at Harish's house several times to know about his wheraeabouts.

Harish's brother Madhu had informed him about Arun visiting the house and interacting with Harish's wife on many occasions.

Prashanth, another accused in the case, was reportedly agitated by Arun in a previous assault case. According to the authorities, Harish, Prashant, and some of their companions got together to allegedly hack Arun to death while inebriated on December 6.

Arun too was allegedly taken into custody in 2021 in an assault case.

According to sources, Arun was supposed to get married in January. **BMB**

Study exposes Ejipura Flyover's dark secret

Bengaluru's upcoming Ejipura Flyover faces backlash as EIA reveals potential loss of 207 trees

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A rapid Environmental Impact Assessment (EIA) by researchers from Azim Premji University has highlighted that as many as 207 trees will be impacted by the upcoming Ejipura flyover. The report also underscores that trees along the 1.4 km stretch surveyed for the report have sequestered 180 metric tonnes of carbon so far, and cutting them down will irreversibly release this sequestered carbon into the atmosphere.

"There is a lack of clarity on the total number of trees that will go in the entire project. Bruhat Bengaluru Mahanagara Palike (BBMP) has been coming up with this number in a piecemeal fashion. While their recent memorandum talks about the removal of 67 trees for the flyover, our assessment says at least 207 trees will be impacted," said Seema Mandoli, co-author of the study and faculty at Azim Premji University.

The assessment also stresses that although the detailed project report of the Ejipura flyover talks about compensatory afforestation around the project area by planting two saplings for every tree cut, no sapling can compensate for the loss of a tree that has taken decades to grow to the height and girth as the trees proposed to be cut have grown.

"To put things in perspective, as per an estimate, a typical passenger vehicle emits about 4.6 metric tonnes of carbon dioxide yearly. These trees provide the service of absorbing carbon dioxide and reducing greenhouse gases. Cutting them down will result in an irreversible loss of the carbon that the trees have stored over several decades. Moreover, compensatory plantations around the area will also not provide the services of the existing trees that have taken decades to grow. Although Bengaluru needs to develop, we should assess the cost of this kind of development," added Mandoli.

Construction of the Ejipura Flyover continues to face issues as reports suggest more trees than initially stated will be affected

Researchers counted 207 trees of 24 species from 11 families on the stretch on which the flyover is proposed. They also noted that trees on the stretch are as tall as 10 m and had girths going up to 396 inches. Of the 207 trees, 51 are rain trees, and nearly 20 of these have a circumference of more than 150 inches. The canopies of many of these were found to extend across a large part of the road, providing shade to commuters, eateries, vendors, and other business establishments.

Apart from sequestering carbon, avenue trees also address air pollution, whether due to vehicular emissions or dust particles. The report pinpoints that cutting trees on this road will increase dust pollution and will also exacerbate the impacts of vehicular pollution on health. Researchers cite that while tree leaves help settle dust and particulate matter, spores on the leaves absorb toxic gases, both of which would otherwise enter our lungs. Trees being cut down for the flyover will not only enhance the urban heat island impact but also make daily life for commuters, small businesses, and vendors along the road extremely uncomfortable.

> **While their recent memorandum talks about the removal of 67 trees for the flyover, our assessment says at least 207 trees will be impacted**
>
> – Seema Mandoli, co-author of the study & faculty, Azim Premji University.

Experts say felling these trees will also imply that the ecosystem services that the trees provide will be irreversibly lost. Moreover, if Bengaluru needs to prepare for an uncertain future owing to the projected impact of climate change, we must stop the piecemeal cutting of trees that has reduced the green cover and prioritise planned urban greening that provides multiple benefits.

"While on the one hand, we have come up with the Bengaluru Climate Action and Resilient Plan (BCAP), on the other hand, we have such development projects that will undermine the very objective of BCAP. With so much talk around climate change and various issues cropping up, it is not advisable to remove the leftover green cover in the heart of the city. We have been removing patches of green covered bit by bit citing the usefulness of every flyover that has ever been built in the city," said a researcher.

B'luru pushes for speedy BMLTA enforcement

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With traffic congestion being the most problematic issue for the city and the haphazard planning and management of public transport, citizens have been advocating for the creation of a unified transport body. This body would integrate multiple government agencies and implement initiatives such as the common mobility card and multimodal transport hubs. Although the Bengaluru Metropolitan Land Transport Authority (BMLTA) bill was passed last year during the Karnataka legislative assembly, citizens have pointed out that the bill has not been implemented yet.

Last year, the Bengaluru NavaNirmana Party (BNP) campaigned for "BMLTA Beku," which played a pivotal role in the successful campaigning for the Bengaluru Metropolitan Land Transport Authority (BMLTA) Bill. However, despite the legislative victory, the government's delay in constituting the Authority has sparked concerns. Now, members of the BNP are calling on the government to expedite the process and issue the necessary notifications to establish the Authority without any further delay.

Citizens demand quick action as city's traffic worsens

Vishnu Reddy, Zonal President of BNP Mahadevapura, said, "The government has not yet constituted the BMLTA, despite the Act mandating the notification and establishment of the Authority within six months of the Act's commencement. It's close to a year now, and the BNP demands that the government immediately issue a notification and establish the BMLTA without any further delay. Since none of the existing civic agencies have taken accountability to solve traffic issues, BMLTA, with the necessary statutory backing, is urgently required to ensure planning and service coordination amongst urban transport providers."

Pointing out the delay in implementing the bill, Lalithamba BV, Governing Council Member and Zonal Leader of BNP Bommanahalli, said, "The BMLTA Bill marked a significant milestone in Bengaluru's quest for an efficient and sustainable transportation system. This was achieved after fourteen long years of discussion. However, the government's delay in constituting the Authority raises concerns over the safety of citizens amidst growing traffic snarls. The timely implementation of the BMLTA is crucial for Bengaluru to effectively manage its transportation infrastructure, reduce congestion, and enhance overall urban mobility."

Poongothai Paramasivam, Governing Council Member and Zonal Leader of BNP Bangalore South said, "We call for the swift implementation of the BMLTA and the introduction of an Active Mobility Bill. It is now imperative for the government to heed traffic-related calls, ensuring that Bengaluru's residents can enjoy the benefits of efficient, safe, and environmentally sound transportation."

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9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Lingering litter
KR Puram

Garbage has been left unattended for several days in Kithaganur Lake.

Street hygiene
Ashoknagar

D'Souza Road in Ward 111 has become a public urinal. Urgent action is requested from the authorities to address and resolve this issue promptly.

Dilapidated walkway
Shanthinagar

The footpath along Double Road, stretching from the Skywalk to the BMTC building near the KSRTC office, is in a deplorable condition with broken tiles, posing a safety hazard.

6,144 BMTC buses have fire extinguishers

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Out of the total 6,381 buses, 6,144 buses of the Bengaluru Metropolitan Transport Corporation (BMTC) are equipped with fire extinguishers, clarified the BMTC. "When minor fire accidents occur, these fire extinguishers can be used to control the incidents. All the buses of the organisation are equipped with first aid kits. Staff are trained to treat minor injuries, to use fire extinguishers, and telephone numbers to be contacted in case of emergency have been published in all the units of the organisation, workshops, bus stands, and some important places of the central office," said the BMTC Public Relations Officer (PRO).

The corporation noted that as summer approaches, a mock demonstration is held in all of the depots, workshops, bus stands, and central offices to raise awareness among the staff, including skilled security guards and fire brigade personnel from the fire department, regarding how to put out a fire and save lives in the event of a fire.

In a recent incident, a speeding car collided with a BMTC bus

"Guidelines on precautionary measures to be taken in case of a fire accident are being displayed in all depots of the corporation, workshops, bus stands, and central office notice boards. Emergency phone numbers are also displayed. The security personnel of the organisation are given special training on fire accidents and measures to be taken to protect against them," the PRO added.

Regarding the recent fire incident where a speeding car collided with a BMTC bus in Chandra Layout, the PRO said, "The driver and conductor of the corporation saved three people from the burning car, and the passengers in the bus were alighted on time. As the bus was engulfed in smoke, the driver drove the bus on the divider, which separated the bus from the burning car. In this instance, the bus's fire was extinguished by the driver and conductor using the fire hydrant present in the bus. Here, the driver's and conductor's expertise came in handy."

Education
SHAPING A CHILD'S LIFE
TAKES YEARS. REACHING OUT
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SAFE PUBLIC TRANSPORT

Better create safer spaces for women

BMRCL tightens its efforts following incidents of sexual harassment; women passengers assert that installing panic buttons is not enough

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BMRCL officials say that if passengers are in trouble, then they can directly press the panic button

Following recent incidents of sexual harassment within metro trains and stations, the BMRCL seems to have pulled up its socks. Officials said that they have initiated awareness campaigns to educate women on utilising the panic button and contacting the helpline in times of distress.

A senior BMRCL official stated, "If passengers are in trouble, then they can directly press the panic buttons. In every train, there are 24 emergency buttons, and each of these buttons is strategically placed near the doors of the metro coaches. To enhance visibility, it is printed in red. When pressed, a red light will illuminate, indicating activation. The system includes a microphone and a speaker, allowing passengers to communicate with the loco pilot. To reinforce these safety measures, helpline numbers are prominently displayed in both metro stations and coaches. Additionally, home guards have been instructed to intensify surveillance efforts."

Reacting to this Ritu Sharma, a woman passenger said, "Security for women is of utmost importance. There should be no compromise when it comes to women's safety, and these measures will undoubtedly contribute to a safer environment. The government is saying that panic buttons are already a feature in KSRTC and BMTC buses, indicating a broader commitment to enhancing safety across various modes of public transportation. However, merely installing these buttons is not enough, as there should be continuous monitoring and checking to see if these work and help the women commuters."

It may be noted that the recent incident of sexual harassment within the premises of a metro has raised concerns. Surprisingly, only two incidents were reported during the day. Recently, a 22-year-old woman employed at a private firm who regularly commutes from Rajajinagar metro station alleged that she was groped from behind. The woman had raised an alarm, drawing attention from fellow passengers. In an attempt to escape, the accused hurriedly took the escalator to Majestic Station. The vigilant security staff apprehended him and handed him over to Upparpet police for further investigation. Following counselling from metro staff, the victim chose to file a non-cognizable report (NCR) at the Upparpet police station for subsequent legal action. A similar incident of groping inside a metro train was reported on November 20 around 8:50 am. The victim's friend shared the incident on Reddit, expressing discomfort caused by a man touching and grabbing her from behind. Despite no official complaint, BMRCL assured they were investigating using CCTV cameras.

Meanwhile, women commuters have been urging BMRCL to increase the number of coaches designated for women from two to three, especially since the Purple Line's full operation on October 9 has led to overcrowding. There are also demands for the establishment of an authority accessible to victims of sexual harassment and a sensitive approach to addressing the issue.

Audio in buses to help visually challenged

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Audio-announcement is being installed in buses

Bangalore Metropolitan Transport Corporation (BMTC) authorities have begun to install audio-announcement systems within the corporation's buses on a trial basis, following high court censure.

BMTC Public Relations Officer (PRO) Sunitha told Bangalore Mirror that the audio-announcement systems have been installed on a trial basis within buses. "We have been holding consistent discussions over the matter and have been working towards ensuring that the Automatic Vehicle Tracking System (AVTS) is integrated with the audio-announcement systems. All the buses can be expected to have voice alerts in a span of another month," she explained.

In October, Karnataka High Court sought a response from the state government on a PIL regarding the discontinuation of audio announcement facilities in buses run by state transport corporations in order to help visually impaired passengers have a smoother journey. A Division Bench headed by Chief Justice Prasanna B Varale and Justice Krishna S Dixit had sought the response while hearing a PIL petition filed by N Shreyas, a visually challenged lawyer. The petitioner had submitted before the court that while the state-run buses initially had the facility, they were abruptly stopped, causing much hardship to disabled persons like him to identify stops and destinations. He had also brought light to Section 41 of the Rights of Persons with Disabilities Act, which requires all modes of public transport to be made accessible to physically challenged persons.

The HC in November had also suggested the government issue a circular to private bus operators, directing them to install audio announcement systems within their buses to assist visually impaired and physically challenged persons. Along with this, the court had asked public transport corporations to take measures towards making their applications visually challenging friendly, in accordance with the Web Content Accessibility Guidelines (WCAG). It defines how web content can be made accessible to people with disabilities—visual, auditory, physical, speech, cognitive, language, learning, and neurological. Shreyas had noted that if the BMTC application was upgraded to WCAG norms, it would be of great help to disabled persons.

Time for BBMP to clear HSR footpath

Karnataka HC's plea for clear footpaths clashes with the persistent encroachments in HSR Layout, leaving residents frustrated

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TWEETS @BangaloreMIRROR

The Karnataka High Court (HC) has made it clear that footpaths should be clean and clear of encroachments. The HC stated that footpaths are meant for pedestrians, and street vendors have no right to occupy the footpaths around the clock by keeping goods or pushcarts on them. The HC also said that footpaths cannot be used by hawkers to put up shanties or any other structures for the benefit of pedestrians.

If the number of temporary shanties and other structures on the 24th Main Road of HSR Layout is any indication, it seems that either the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities have forgotten their bounden duty to follow the honourable High Court order, or the street vendors occupying the footpath have no concern for hapless pedestrians. The entire stretch of the footpath between the BESCOM power station and the Parangipalya Bus Stop is occupied by street vendors, leaving no space for pedestrians.

"We have complained to all the authorities concerned against the encroachments on the footpath but in vain. The BBMP Health Inspector visits the spot and seizes LPG cylinders from eateries on the footpath in the morning but returns those LPG cylinders to the eateries by evening after receiving money from them," says Surendra Reddy, a resident.

Footpaths in HSR Layout: A battleground for vendors and pedestrians

The residents said the BBMP authorities, who took the initiative to clear encroachments at Jayanagar Shopping Complex, have not shown similar interest in clearing the encroachments on 24th Main Road, HSR Layout. "It has become a routine for us to complain to the BBMP authorities about the encroachments on the footpath. It has also become a habit for the BBMP authorities to become negligent towards clearing encroachments. We are fed up with the BBMP authorities who are avoiding clearing the encroachments on the footpath due to the reasons known to them," said Venkatesh HS, a resident.

A few residents said that they are not against street vendors using the footpath but are not in favour of occupying the entire footpath without leaving space for pedestrians. "These street vendors, especially eateries, used to sell articles and food items on the road adjacent to the BDA Shopping Complex. They were evicted from that road, compelling them to migrate to this area. I want the traffic police and the BBMP authorities to make the street vendors leave sufficient space on the footpath for pedestrians," said a resident on the condition of anonymity.

When contacted, the BBMP Health Inspector said clearing the encroachments on the footpath comes under the jurisdiction of the engineering department. "I am taking action against those responsible for generating garbage," the health inspector said.

> **We are fed up with the BBMP authorities who are avoiding clearing the encroachments on the footpath due to the reasons known to them** – Venkatesh HS, a resident

Meanwhile, BBMP Assistant Executive Engineer Raghu has said that he has been taking measures to clear the encroachments on the footpath. "I am aware of the encroachments on footpaths at different locations in HSR Layout. We have prepared a plan for evicting encroachments in a phased manner. We will remove the encroachments on the footpaths for the benefit of pedestrians," said the assistant executive engineer.

IN BRIEF

JD(S) turmoil: Nanu claims leadership

Expelled JD(S) National Vice President CK Nanu was declared the new National President of the party on Monday, replacing former Prime Minister HD Deve Gowda. The rebel faction, supported by leaders like CM Ibrahim, announced during a "National Plenary Meeting" convened by Nanu, a former Kerala minister. The rebel faction, claiming to be the "actual JD(S)," declared support for the INDIA bloc and announced plans to approach the Election Commission to stake their claim over the party, taking necessary legal steps.

The Gowda-led JD(S) had expelled rebels Ibrahim and Nanu on Saturday for "anti-party" activities. Ibrahim criticized Gowda for sacrificing the party's ideology at the age of 92 by deciding to join the BJP-led NDA. He highlighted three opportunities given to Gowda to reconsider the decision, with the final decision made during the plenary meeting in Bengaluru on December 11, removing Gowda as President and electing CK Nanu as the new National President.

Ibrahim, suspended from the party for alleged anti-party activities on November 17, accused Gowda of going against the party's secular ideology, leading to his removal. He revealed discussions during the plenary session attended by leaders from various states and announced plans to wait for the support of 12 MLAs to elect a new leader in the Vidhan Sabha.— **PTI**

BM Trippin' Tales

Hidden reservoir on the outskirts of B'luru

Many people wish to spend their time visiting a reservoir, and names like KRS, Shimsha, or Kabini typically come to mind. However, there are lesser-known reservoirs near Bengaluru that offer a serene escape for visitors. One such hidden gem is Markonahalli, conveniently accessible within a few hours from Bengaluru, attracting nature enthusiasts with its diverse birdlife and providing a soothing atmosphere for travellers.

Markonahalli stands as one of the oldest dams constructed by the Mysore Maharajas. Situated at an altitude of 731 meters above sea level, this reservoir was built across the Shimsha River in 1939 in Kunigal taluk. Its distinctive feature lies in its 139-meter sandstone structure and a pair of earthen dams on either side, extending to a total length of 1,470 meters. Krishnaraja Wadiyar IV, guided by Sir M Visvesvaraya, spearheaded the construction of this dam.

The Shimsha River, a tributary of the Cauvery and one of the three rivers flowing in Tumkur district is equipped with an automatic siphon system, touted as the first of its kind in Asia. Featuring two siphons, each 88 feet high, the dam efficiently siphons off water immediately upon reaching the maximum level (88 feet).

Beyond its role as a picturesque destination, the dam serves as a vital water source for over 4,000 villages, primarily for agricultural purposes. The initial purpose of constructing the dam was to irrigate 6,070 hectares of land. The reservoir boasts a catchment area covering 4,103 square kilometres and can store a volume of 68 million cubic meters of water at the full reservoir level.

For those eager to explore this hidden gem, Markonahalli is approximately 93 kilometres from Bangalore. Visitors can also extend their journey to the renowned Yediyur Siddhalingeshwara Temple. When it comes to sustenance during the visit, it's crucial to note that there are no shops or eateries in the vicinity. Therefore, it is advisable to pack provisions before reaching the location to ensure a comfortable trip. Navigating to Markonahalli is straightforward. At the Nelamangala junction, take a left turn towards Kunigal. After reaching Kunigal, continue on Hassan Road for 20 kilometres. Keep an eye out for a signboard on your left indicating Markonahalli, where a four-kilometre interior road leads to the destination.

> **The dam, beyond its scenic beauty, serves as a vital source of water for over 4,000 villages**

—**Sridhar Vivan**

Vexing vaccine conundrum as dengue dodges all shots

Vaccine not likely even as dengue cases have spiked by 273% in last 4 years

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In 2023, Karnataka had the highest number of dengue cases in South India

Many have been grappling with the impact of dengue, and notably, Karnataka has witnessed the fourth-highest dengue caseload in the country. Amidst the challenges posed by this mosquito-borne illness, hopes have been pinned on the development of a potential anti-dengue vaccine. However, the disappointing news is that such a vaccine may not be readily available in the near future.

Union Minister of State for Health and Family Welfare, Prof SP Singh Baghel, conveyed the formidable challenges associated with developing a vaccine against dengue. He said, "Development of a vaccine against dengue is very challenging mainly due to the existence of four different serotypes with no cross-protection, no well-established animal models to understand the immunopathogenesis of disease, no established correlates of protection and lack of good immunological assays. The World Health Organisation targets the product profile for dengue vaccine is not yet available, as informed by Indian Council of Medical Research (ICMR). The ICMR has recently signed an MoU with Panacea Biotech and Serum Institute of India for clinical trial of a dengue vaccine candidate."

Rising caseload

In 2023, Karnataka had the highest number of dengue cases in South India. In fact, dengue cases have been increasing in the last four years. In 2020, the state reported 3,823 cases, and by 2021, the number surged to 7,393 cases, representing an increase of approximately 93.2% compared to the previous year. The gravity of the situation intensified further in 2022, with 9,889 reported cases, showcasing a substantial uptick of approximately 33.8% from the preceding year. In this year, the state reported a staggering 14,227 reported cases which is 43.7% higher than 2022. Surprisingly, the percentage increase in cases from 2020 to 2023 is a staggering 272.5%, indicative of the pressing need for robust public health measures to curb the spread of dengue and mitigate its impact on the population. Tragically, the toll on human lives became apparent, albeit relatively low initially.

> **"Development of a vaccine against dengue is challenging due to the existence of four serotypes**
> –SP Singh Baghel, MoS Health

In 2021, the state reported seven deaths attributed to dengue. The gravity of the situation deepened in 2022, with the death toll rising to nine. Even this year, nine have succumbed to dengue in the State including four in Bengaluru.

Dengue cases have been increasing across the country as well with 2,34,427 cases and 274 deaths in 2023 alone. Out of this, Karnataka's contribution to Dengue is 6.07 % cases and approximately 3.28% of the total deaths reported in India. Meanwhile, Karnataka found itself ranked fourth among the states, with a reported total of 14,227 cases and nine deaths in the year 2023. Uttar Pradesh emerged as the state with the highest dengue burden, topping the list with a staggering 33,075 cases and 28 deaths. The second was Bihar reporting 19,672 cases and a notable 74 deaths followed by Maharashtra with 17,531 dengue cases and 14 deaths.

Woman paraded naked, tied up after son elopes in Belagavi

A woman was allegedly assaulted, paraded naked and tied to an electric pole in a village in this district, after her son eloped with a girl who was to get engaged with someone else, police said on Monday.

On getting to know about the girl's act, her family members attacked his house in new Vantamuri village, damaging it.

They are then said to have dragged his mother away, paraded her naked and tied her to an electricity pole, they said.

The police, who rushed to the spot and set her free, have arrested seven persons in connection with the incident, and are investigating the matter. Additional forces have been deployed to avoid any untoward incident.

Chief Minister, Home Minister assure of strict action, say 7 people have been arrested already in 'shameful' case

Belagavi Police Commissioner Siddramappa said both the 24-year-old Ashok and 18-year-old Priyanka belonging to the same community and from the same village were in love. At around 12:30 am on Monday, they left the village.

Angered by this, the girl's parents and relatives barged into his house, and treated his mother inhumanly, police said.

"On getting the information at 4 am, our Police Sub Inspector visited the village, followed by other senior officials, and seven people have been arrested," he said, adding that a case has been registered in Kakati police station.

Commenting on the incident, Chief Minister Siddaramaiah said, "strict action will be taken against those who have committed the offence."

Terming the incident "extremely inhuman", Siddaramaiah, later in a post on 'X', said: "This has made the whole society bow their head in shame. Our government will not tolerate such heinous acts for any reason." "Several people have already been arrested in connection with the case. It is our full responsibility to provide justice to the aggrieved family by taking action to ensure that the culprits are punished severely," he added.

Home Minister G Parameshwara, who visited the area, termed the incident inhuman and said 10-15 members of the girl's family are said to have attacked the youth's mother, who was alone at home.

Police rescued the woman and took her to hospital for treatment, he said. "Those responsible...seven people have been arrested and will be produced before the court....efforts are on track to get the couple who have gone away back."

This is truly a shameful incident, Parameshwara said. **PTI**

More cases against graft accused cop

Police Inspector GK Shankar Naik, who was suspended in November, has been charged in two more cases. Naik was suspended on allegations of bribery and failure to return recovered funds. Two Bengaluru women had written to the police, accusing Naik of abusing his position to take money from them.

Sandhya Ramesh, a resident of Byatarayanapura, wrote to the city Police Commissioner, B Dayananda, accusing Naik of falsely arresting her son. In 2022, Naik arrested Sandhya's son Sumith on apparently false allegations and detained him for days before releasing him. She further accused Naik of snatching her son's laptop, pen drive, and other data without first filing a FIR. **BMB**

'Implement video conferencing'

Noting that the facility of mobile video conference to help litigants in remote areas has been implemented in only two of the 25 high courts, a parliamentary committee on Monday has recommended that it be put in place in the remaining states at the earliest.

In its earlier report, the Parliamentary Standing Committee on Law and Personnel had said that it is of the opinion that the judiciary should also consider such innovative solutions as launching mobile video conferencing facilities for the benefit of advocates and people living in remote areas.

In its reply, the Department of Justice in the Union Law Ministry said that the concept of mobile video conferencing has been taken up with all the high courts.

"It was also requested that Telangana High Court mobile video conferencing facilities may be looked upon as a model case," the department told the panel.

According to the details shared by the department with the committee, Telangana and Himachal Pradesh high courts have implemented the recommendation.

The work was "in progress" in the Calcutta, Gauhati, Manipur, Rajasthan and Sikkim high courts, the department said.

The proposal was still "under consideration" of the high court or committee of the high courts of Allahabad, Andhra Pradesh, Kerala, Karnataka, Madhya Pradesh and Orissa.

"The Committee observes that till now only two states have implemented this recommendation and set up mobile video conferencing facility. For the rest of the states, either the work of implementation is in progress or the proposal is under submission.

"The Committee, therefore, recommends that the facility of mobile video conferencing in all other high courts may be expedited so that litigants from remote and interior areas have access to fast and speedy justice," the panel noted in its 134th report on action taken on 103rd report on 'functioning of the virtual courts and court proceedings through video conferencing'. **PTI**

Chandrayaan-3, ChatGPT rule Google Search in India this year

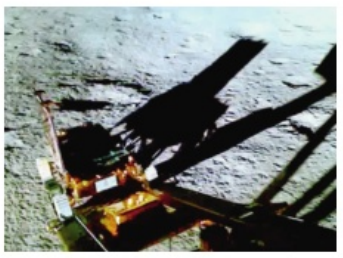
As 2023 is about to end, Google on Monday shared the most searched topics people looked for on Google Search in India this year, with Chandrayaan-3 and ChatGPT ruling the list.

"The historic success of Chandrayaan-3 headlined news events, with the skyrocketing journey out of space sparking local and worldwide searches," Google said in a blogpost.

G20 presidency led 'What Is' search queries showcasing significant curiosity towards the event.

People also kept up with local developments with searches about Karnataka Elections Results and the Uniform Civil Code, while trying to sort out global happenings with queries about Israel News and the Turkey earthquake.

People in India also searched for Matthew Perry (known for being



the iconic Chandler Bing from 'Friends'), Manipur news, and Odisha train accident.

Google's top trending 'How To' question saw people enquiring about ways to prevent sun damage for skin and hair with home remedies while many also searched for zudio, gyms, beauty parlours, and dermatologists near them.

Queries about the Cricket World Cup and India vs Australia's cricket matches scored an all-time high this year, Google said.

Shubman Gill and Rachin Ravindra emerged as the top trending cricketers locally and globally.

The first-ever Women's Premier League, along with the Women's Cricket World Cup, ranked high in sports events.

In movies, Shah Rukh Khan's 'Jawan' staked its claim to the top trending local film search and #3 top trending film search globally. 'Gadar 2' and 'Pathaan' also secured coveted spots as local and worldwide trending films.

Actor Kiara Advani led the trending People list in India and also found a spot in the top trending global actors list.

People expressed themselves with a range of entertaining memes, be it the humorous 'Bhupendra Jogi' meme, 'So Beautiful So Elegant' meme, or Serbian-song-inspired 'Moye Moye' meme that saw people finding humour in difficult situations. **–IANS**

Plan to make Bengaluru future-ready metropolis

CONTINUED FROM PAGE 1

There will be a data common which means having a common data platform for the development of Bengaluru. Fourth is Creative Bengaluru, which looks at art, culture, heritage and food experienced by citizens and visitors in the city. The fifth vertical is Safe and Healthy Bengaluru for the well being of citizens prioritising safety of women, children, elderly and people with disability. The last vertical is, Future Now, which shall look at how pedagogy has to change — how to incorporate new challenges, from climate change to inequality, in the education system..." Mathew explained.

Under Creative Bengaluru pilot, Folkluru was conducted on December 2-3 where over 120 folk artistes from across Karnataka showcased nine different art forms of the state.

Next year, this festival will go international where south east asian countries can become partners. "The biggest annual folk art festival happens in San Diego. We want to make Bengaluru one of the global destinations for folk art and music," Mathew further noted.

Under Built Bengaluru, data will be derived from different stakeholders and policymakers to plan and build the city in the five-year-long project, where multiple entities will come together to develop it.

In yet another one-year project envisaged, citizens would get to know about the different museums in the city: "We want the citizens to know about all the museums in the city; we will take up a one-year project where we will put together a guide map for all the citizens in Bengaluru go get to know more about its museums. A website will be started to provide information on the events at these museums so that both visitors and residents have access. We are in talks with BMRCL and BMTC to have a connected public transport infrastructure to the museums," said Mathew.

Betrand Derome, managing director, World Design Organisation said: "The WDO has been working with communities around the world to use design to improve the quality of life in every

region. Since 2008, we have been nominating cities as world design capitals driving one year-long projects that highlight the impact design can have on a city... It was clear that the ambition and potential of Bengaluru was going beyond what a design capital is; so we decided to design and develop a specific designation to designate Bengaluru as the world's first design protopolis."

Under sustainable Bengaluru, a three-year project will be taken up to develop Nagawara Lake. BBMP is to handover the waterbody to WDO to rehabilitate it under the concept of 'Blue Green Bengaluru'. Decentralised water treatment for untreated sewage and other developments would be taken up under this project.

Arindam Das, director, Srishti Manipal Institute of Art, Design & Technology, said: "Design is a driver of positive change within a community. We are thrilled that the themes of WDO Bangalore are aligned to the Government of Karnataka's initiative, Brand Bengaluru. Our synergistic partnership with WDO will drive positive change through design thinking and innovation, reinforcing Bengaluru's recognition as the epicentre of design innovations in the country."

Snakes found on Palike premises non-venomous

CONTINUED FROM PAGE 1

population. By not relocating, they can act as a pest control measure. After due awareness, officials have agreed to not relocate them. There are pigeon nests inside the premises that are attracting the snakes. This is why there have been so many reports of snakes being spotted inside the premises. In the larger interest of not disturbing the ecosystem, we don't want to relocate them. However, if the officials demand, required measures can be taken to relocate them," he added.

The variety of snake species they come across, the rescuers said, has been decreasing over time. "Currently, Lalbagh, Cubbon Park, GKVK, Turahalli, and Bangalore University are the only places with high numbers of snake populations. Previously, we used to get rescue calls for 26-28 species of snakes but now hardly 10-12 species can be found. Mostly we see common cobra and Russell's viper. Other species are no longer seen.

A major reason for the disappearance is the rapid concretisation of the city leading to loss of habitat. Even lake premises are concretised these days," a rescuer added.

However, rescuers warned citizens that in the coming days, Russell's vipers may be seen as it is their mating season.

"When citizens see a Russell's viper, they should not try to capture it or touch it. Instead, they should immediately call the helpline which will dispatch the voluntary group of snake rescuers working under BBMP," he added.

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CHANGE OF NAME

I, Venkatesh Vardendra Kulkarni, aged about 30 years, S/o Vardendra, R/a: Flat-101, IRIS Serenity Apartment, 5th block, 8th Main Road, IEHCS Layout, Vidyaranyapura, Bengaluru- 560097. I have changed my name to Venkatesh Kulkarni. Vide affidavit dated- 09.12.23. Sworn before notary N Mahesha, Bengaluru.

I, Sujaya Kampalapura Sudarshana R/o 219/-a, Kampalapura, Periyapatna Tq, Mysuru Dist 571107 have changed my name to SUJAY K S (Sujay Kampalapura Sudarshana) affdavit Dt.11/12/2023 notary Harisha.G, Bengaluru

I, Jayaramaiah S/o, Anjinappa R/o No 133, Bagalur Village, Bagalur Post, B'luru 562149 have changed my name to Jayaramaiah B.A for all purposes.

I, Aadam Gulab Nadaf, R/a: 22202, Towerv 22, Flooor 20, Prestige Lakeside Habitat, Varthur Hobli, Gunjur, Bengaluru- 560087. I have changed my name to Adam Gulab Nadaf. Vide affidavit dated- 11.12.23. Sworn before notary B Seshagiri, Bengaluru.

I, Kalpana Bohra, aged 51 years, R/o: No.68, Arihant Castle, Flat 003, Shankarmutt Road, Shankarapuram, Bengaluru- 560004. I have changed my name to Kalpana Mahaveer Bohra. Vide affidavit dated- 11.12.23. Sworn before notary B Seshagiri, Bengaluru.

I, Sripal Kumar Jain Mohanlal S/o Mohanlal Jain Jeverchand R/o 402, Tower-5, Salarpuria Sattva Divinity Apts, Nayandahalli, Bengaluru 560039 have changed my name to SRIPAL JAIN affidavit Dt.11/12/2023 notary Harisha.G, B"luru

I, Manjunatha S/o Totappa B Sasanoor R/o BKS Kirana Store Bazar, Kembhavi, Yadgir 585216 have changed my name to MANJUNATHA TOTAPPA SASANOOR affidavit Dt.11/12/2023 notary Harisha G, Bengaluru. My present camp at Bengaluru

I, Abdul Majeed Ismail, Govt PSU Service and R/a: 09, 2nd Floor, 4th Cross, Kousar Nagar, RT Nagar Post, Bengaluru-560032. I have changed my name to Ismail Abdul Mazeeth. Vide affidavit dated- 09.12.23. sworn before notary N Mahesha, Bengaluru.

I, Prashanth Shetty R/o #25, Chandrappa Layout, Ayyappa Nagar to Hoodi Main Road, Near Deja View Park, Hoodi, Bangalore - 560048 have changed my minor daughter's name from Kavni P Shetty to Sonal P Shetty for all future purposes.

I, KUSHI LAKHANPAL D/o Ashwani Kumar Lakhanpal R/at Flat NO.N.54, 4th Floor, Palace Garden Apartment, Palace Cross Road, Bengaluru-560020 have changed my name to KHUSHI LAKHANPAL vide affidavit dated: 4/12/2023 Before Notary K.V.Mani Bangalore.

I, Ananda Chakramani S/o, Neelakantappa R/o No 50/a 7th Cross 1st Main Road Bandematta Layout Kengen Upanagar Bangalore 560060 have changed my name to Anand N Chakramani for all purposes.

I, Shivaputra Gurushanthappa Hugar R/o No.22 Behind bbmp office, Basavanapura, Gottigere, Bengaluru 560083 have changed my name to SHIVAPUTRA HUGAR affidavit Dt.11/12/2023 notary Harisha G, B'luru

I, Gopika KrishnaMurthy, R/a: 62, 4th Cross, Ramakrishnappa Layout, Geddelahalli, Rmv 2nd stage, Bengaluru- 560094. I have changed my name to Gopika Shrikant Naique. Vide affidavit dated- 09.12.23. Sworn before notary N Mahesha, Bengaluru.

I Rajashekhar Tippanna (rajashekhar T) S/o, Thippanna Hamasagar R/o 1607, Vishveshwaraya Layout, Bangalore have changed my name to Rajashekhar and Surname Remains same as Hamasagar for all purposes

I, Om Ganga D/o Manju Om Prashanth R/o No.50, 8th main, 18th cross, Malleshwaram, Bengaluru 560055 have changed my name to Ganga Om Prashanth affidavit Dt.11/12/2023 notary Harisha G, B'luru

I Chandana Chythanya Keshava Murthy Kasaravalli D/o Chythanya Kesha - vamurthy Kasaravalli R/o# 1109,9th Main, Vijayanagar, B'luru-560040 have changed my name to Chandana Chythanya for all purposes.

I, Suresha Muniswamachary S/o Munishamachari R/o 862, Near KEB office, Jigani, Anekal Tq, Bengaluru 560105 have changed my name to SURESH MUNISHAMACHARI affidavit Dt.11/12/2023 notary Harisha G, B'luru

I, Mohammed Chand Pasha S/o Mohammed Khaddar Basha Residing of No.15, 3rd Cross, Ittige Anjanappa Lane, Old Pension Mohalla, Bangalore - 560018 have changed my name from Chand Pasha to Mohammed Chand Pasha vide affidavit dated 7.12.2023 Sworn Before Notary Mamatha N.K, Bengaluru.

I, Dattatraya Jadhav S/o Ramachandra Jadhav R/o No.448, 17th cross, Near anjaneya temple, 5th Phase, J.P Nagar, Bengaluru 560078 have changed my name to DATTATRAYA RAMACHANDRA JADHAV (DATTATRAYA R JADHAV) affidavit Dt.11/12/2023 notary Harisha G, B'luru

I, Neelambika Sundally Shivalingaiah w/o Shivaprakash Thalshasana Kalappa R/o # 336, A Block, 5th Cross, Vivekananda Nagar, Mandya-571401 have changed my name to Neelambika Shivalingaiah vide Affidavit Dt:- 11/12/2023 before notary B S Padmaprasad, Bl'uru.

I MARY BARTHOLOMEA MILTON W/o Milton John Patrick, R/o 57, 12th cross 1st Block, Akshay Nagar, Ramamurthynagar, Bengaluru, Karnataka-560016 have changed my name to MARY BARTHLOMIA.

I, Sudeep Pradhan R/o Sri Durge 271/22a 15th Cross 8th Main Lakkasandra Extension Wilson Garden Bangalore 30 have changed my minor daughter's name from Thriyambika to Thriyambika Pradhan .

I R Renuka Devi W/O, Neelakanta Kn R/o 68/1, 3rd Main, 4th Cross, Shreyas Colony, Jp Nagar 7th Phase, Bangalore - 560078 have changed my name to Renuka Neelakanta.

I, Hitanjan Kalyan Sarkar R/o Flat No 354, Ranka Court 18, Cambridge Road, Ulsoor, Cambridge Layout, Bangalore-560008, have changed my name to Hitanjan Sarkar.

LOST & FOUND

I am Varun.G S/o , Gurunathan & Mrs. Sudha Resuding at 132 1st floor Mahavir Apartment Kengeri Bangalore 560060. Lost My 10th Marksheet. Year Passing 2018 CISCE.. Police FIR NO 0797766 and Roll No TF20019871 and Ref No 1184224/019

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HEALTH TIP: Both broad beans and French beans have high quantity of potassium that can help to support healthy blood pressure

Cherries are packed with polyphenols – plant-based compounds that may offer protection against many chronic conditions

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WEIGHT & WATCH

Why do I feel so hungry all the time? What can I do about it?

Benjamin Franklin, one of the founding fathers of the United States, famously said nothing is certain except death and taxes. But I think we can include "you'll feel hungry when you're trying to lose weight" as another certainty.

The reason is basic biology. So how does this work – and what can you do about it?

Hormones control our feelings of hunger

Several hormones play an essential role in regulating our feelings of hunger and fullness. The most important are ghrelin – often called the hunger hormone – and leptin.

When we're hungry, ghrelin is released by our stomach, lighting up a part of our brain called the hypothalamus to tell us to eat.

When it's time to stop eating, hormones, including leptin, are released from different organs, such as our gut and fat tissue, to signal to the brain that we're full.

Dieting disrupts the process

But when we change our diet and start losing weight, we disrupt how these appetite hormones function. This triggers a process that stems from our hunter-gatherer ancestors. Their bodies developed this mechanism as a survival response to adapt to periods of deprivation and protect against starvation.

The levels of hormones managing our hunger increase, making us feel hungrier to tell us to eat more, while the ones responsible for signalling we're full decrease their levels, intensifying our feelings of hunger.

We end up increasing our calorie consumption so we eat more to regain the weight we lost.

But worse, even after the kilos creep back on, our appetite hormones don't restore to their normal levels – they keep telling us to eat more so we put on a little extra fat. This is our body's way of preparing for the next bout of starvation we will impose through dieting.

Fortunately, there are things we can do to manage our appetite, including:

1 Eating a large, healthy breakfast every day

One of the easiest ways to manage our feelings of hunger throughout the day is to eat most of our food earlier in the day and taper our meal sizes so dinner is the smallest meal.

Research shows a low-calorie or small breakfast leads to increased feelings of hunger, specifically appetite for sweets, across the course of the day.

Another study found the same effect. Participants went on a calorie-controlled diet for two months, where they ate 45% of their calories for breakfast, 35% at lunch and 20% at dinner for the first month, before switching to eat their largest meal in the evening and their smallest in the morning. Eating the largest meal at breakfast resulted in decreased hunger throughout the day.

Research also shows we burn the calories from a meal 2.5-times more efficiently in the morning than the evening. So emphasising breakfast over dinner is good not just for hunger control, but also weight management.

2 Prioritising protein

Protein helps contain feelings of hunger. This is because protein-rich foods such as lean meats, tofu and beans suppress the appetite-stimulating ghrelin and stimulate another hormone called peptide YY that makes you feel full.

And just as eating a breakfast is vital to managing our hunger, what we eat is important too, with research confirming a breakfast containing protein-rich foods, such as eggs, will leave us feeling fuller for longer.

But this doesn't mean just eating foods with protein. Meals need to be balanced and include a source of protein, wholegrain carb and healthy fat to meet our dietary needs. For example, eggs on wholegrain toast with avocado.

3 Filling up with nuts

Nuts often get a bad rap – thanks to the misconception they cause weight gain – but nuts can help us manage our hunger and weight. The filling fibre and good fats found in nuts take longer to digest, meaning our hunger is satisfied for longer. Studies suggest you can include up to 68 grams per day of nuts without affecting your weight.

Avocados are also high in fibre and heart-healthy monounsaturated fats, making them another excellent food for managing feelings of fullness. This is backed by a study confirming participants who ate a breakfast incorporating avocado felt more satisfied and less hungry than participants who ate a meal containing the same calories but with lower fat and fibre content.

Similarly, eating foods that are high in soluble fibre – such as beans and vegetables – make us feel fuller. This type of fibre attracts water from our gut, forming a gel that slows digestion.

4 Eating mindfully

When we take time to really be aware of and enjoy the food we're eating, we slow down and eat far less.

A review of 68 studies found eating mindfully helps us better recognise feelings of fullness. Mindful eating provides our brain enough time to recognise and adapt to the signals from our stomach telling us we're full.

Slow down your food consumption by sitting at the dinner table and use smaller utensils to reduce the volume of food you eat with each mouthful.

5 Getting enough sleep

Sleep deprivation disturbs our appetite hormones, increasing our feelings of hunger and triggering cravings. So aim to get at least seven hours of uninterrupted sleep a night.

Try switching off your devices two hours before bed to boost your body's secretion of sleep-inducing hormones like melatonin.

6 Managing stress

Stress increases our body's production of cortisol and triggers food cravings.

So take time out when you need it and set aside time for stress-relieving activities. This can be as simple as getting outdoors. A 2019 study found sitting or walking outdoors at least three times a week could reduce cortisol levels by 21%.

7 Avoiding depriving ourselves

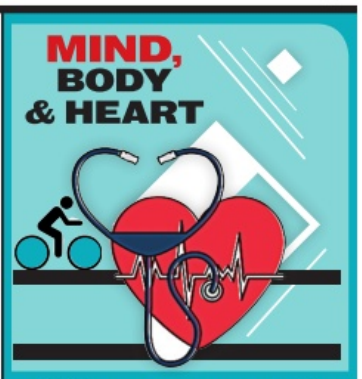
When we change our diet to lose weight or eat healthier, we typically restrict certain foods or food groups.

However, this heightens activity in our mesocorticolimbic circuit – the reward system part of the brain – often resulting in us craving the foods we're trying to avoid. Foods that give us pleasure release feel-good chemicals called endorphins and learning chemicals called dopamine, which enable us to remember – and give in to – that feel-good response.

When we change our diet, activity in our hypothalamus – the clever part of the brain that regulates emotions and food intake – also reduces, decreasing our control and judgement. It often triggers a psychological response dubbed the "what-the-hell effect", when we indulge in something we think we shouldn't feel guilty about and then go back for even more.

Don't completely cut out your favourite foods when you go on a diet or deprive yourself if you're hungry. It will take the pleasure out of eating and eventually you'll give into your cravings.

(By Nick Fuller, University of Sydney, The Conversation)



All you need to know about...

Covid virus in lungs

Up to 18 months
The SARS-CoV-2 virus is found in the lungs of certain individuals for up to 18 months after the infection, according to a study.

Undetectable in 1-2 weeks
One to two weeks after contracting covid, the SARS-CoV-2 virus generally becomes undetectable in the upper respiratory tract. A team from the Institut Pasteur in collaboration with a French public research institute, the Alternative Energies and Atomic Energy Commission (CEA), conducted the study on lung cells in an animal model.

Viral reservoirs
Some viruses persist in the body in a discreet and undetectable manner after causing an infection. They remain in what are known as 'viral reservoirs', the researchers said. This is the case for HIV, which remains latent in certain immune cells and can reactivate at any time. It could also be the case for the SARS-CoV-2 virus which causes covid-19, they said.

Inflammation persists
"We observed that inflammation persisted for long periods in primates that had been infected by SARS-CoV-2. We therefore suspected it could be due to the presence of the virus in the body," said Michaela Muller-Trutwin, Head of the Institut Pasteur's HIV, Inflammation and Persistence Unit.

Omicron strain
The researchers also found that the amount of persistent virus in the lungs was lower for the Omicron strain than for the original SARS-CoV-2 strain.
"We were really surprised to find viruses in certain immune cells – alveolar macrophages – after such a long period and when regular PCR tests were negative," said Nicolas Huot, first author of the study and researcher in the Institut Pasteur's. **PTI**

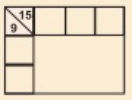
Chai-Time

SOLVE IT IN A MINUTE

The floor of a room measures 6 m by 8 m. The walls are 3 m high and the contains four rectangular windows measuring 1.2 m by 75 cm. There is a door which measures 2 m by 80 cm. What percentage of the total wall area is taken up with windows and the doors?

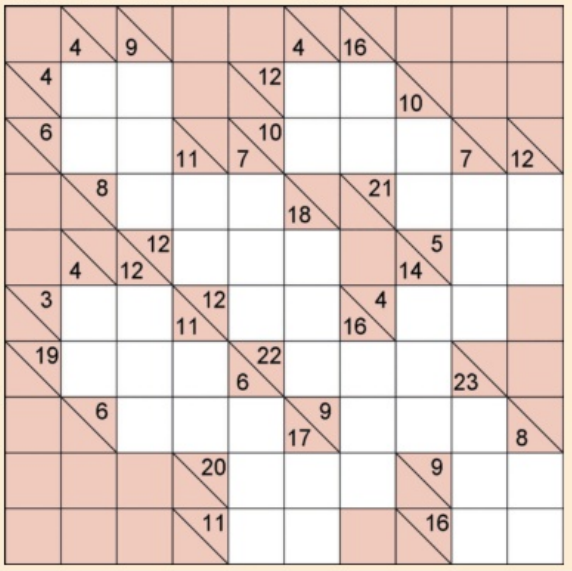
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

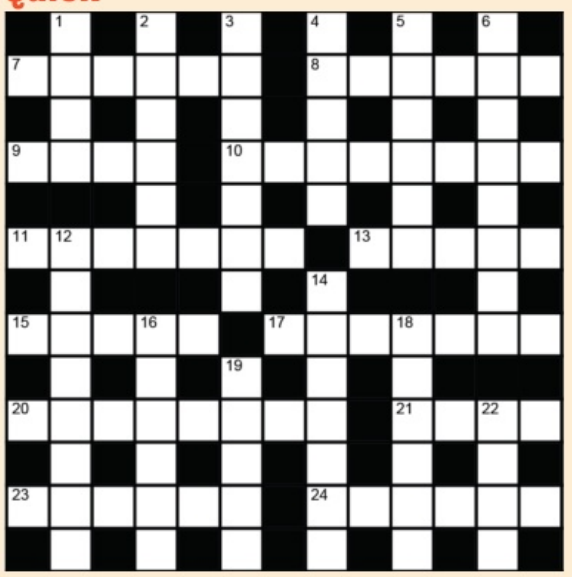


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Warehouse in our country? (6)
8 Was in the lead, perhaps? (6)
9 Spoke or uttered (4)
10 Liking or attraction (8)
11 Enforced compliance with (7)
13 Come together (5)
15 Jammed (5)
17 The windflower (7)
20 Red-hatted church dignitary? (8)
21 Concealing headpiece (4)
23 Most certain or confident? (6)
24 Jeans? (6)

DOWN

1 Exploding star (4)
2 Haitian religion (6)
3 Glassed in (7)
4 Move (5)
5 Red Indian from the plains (6)
6 Seven-sided geometric figure (8)
12 City in Saurashtra (8)
14 Take in or contain (7)
16 Scrounged or sponged? (6)
18 Changing location (6)
19 Wholeness (5)
22 Famous educational institution on Bannerghatta road (3-1)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: T EQUALS G

HFARFKC LO RPC ELSCQLQT XZ RPC NLQS WQS XZ RPC OULKLR.

Linemaro

You could probably get a bird to land on your shoulder

Mindchow

Happiness never decreases by being shared

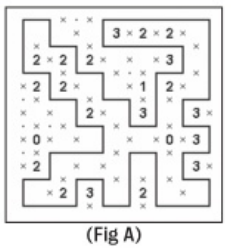
Joke of the day

So what if I can't spell armaggedon. It's not the end of the world

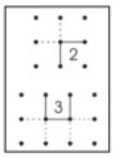
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

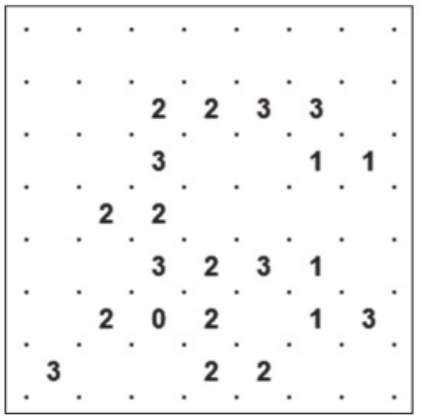


(Fig B) Not Allowed

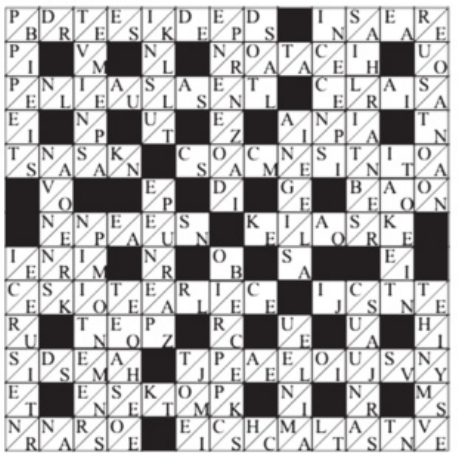
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



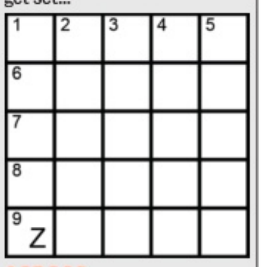
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 At bro; 6 I rob I;
7 Spool; 8 Blame;
9 I zany

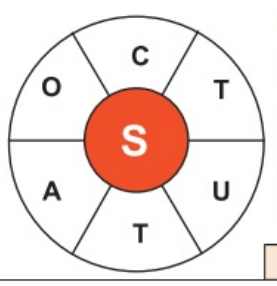
DOWN

1 Zap to; 2 Or maa;
3 Libby; 4 I Lobo;
5 Siren

Mensapuzzle

What number should replace the question mark?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

4	8		2		5		1	7
7			3		4			6
	5						3	
			8		1			
9		2				4		1
			4		9			
	6						7	
1			9		6			8
5	3		7		8		6	2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 9
1 3 3 8

Medium = 36
3 5 6 8

Hard = 12
2 3 6 3

Hocusfocus

Find at least six differences in details between panels.

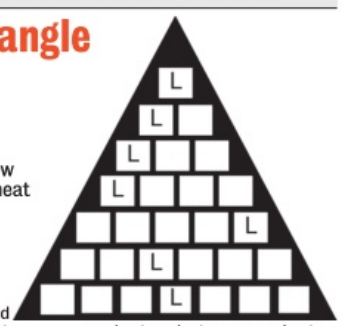
Differences: 1. Boy's sandwich is taller. 2. Man is thinner. 3. Coffeepot is larger. 4. Jacket collar is missing. 5. Boy's hand is not showing. 6. Cap is different.

Riddler

I'm a very rich man, so I've decided to give you some of my fortune. A bag has 5001 pearls inside it. 2501 of them are white, and 2500 of them are black. I'll let you take out any number of pearls from the bag without looking. If you take out the same number of black and white pearls, I will reward you with a number of gold bars equivalent to the number of pearls you took. How many pearls should you take out to give yourself a good number of gold bars while still retaining a good chance of actually getting them?

Alpha triangle

1 Learner's plate
2 French article
3 Tennis redo
4 In case
5 Bhilai product
6 Gives on hire anew
7 Suffer from the heat



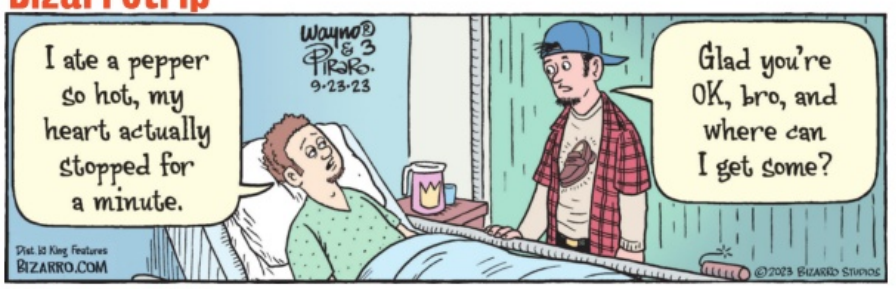
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

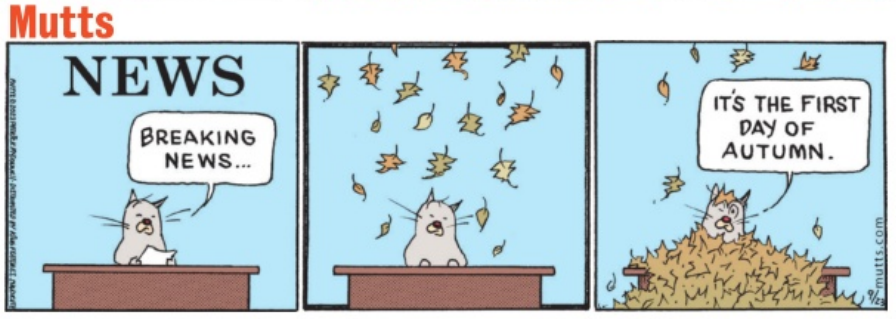


Diamond Lil

Hart of the city

Crankshaft

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may use your creativity in your office or at home, which may enhance your social status. You may be able to control your expenditure on worthless things, which may increase your savings. Lovebirds are likely to get some support from their family members for marriage. Students may hear good news in terms of academics.

Taurus Apr 21 – May 20
Today, you may feel dull, and your health may not be good. You may also have anxiety and restlessness. You are advised to postpone your important investments in business or real estate. You are advised to avoid rash driving. You should avoid long-distance travel as well. You may do some meditation; it will be helpful for sound sleep.

Gemini May 21 – Jun 21
Today, blessings from elders' may make you happy, and your investments may give you profits. Losses are now converted into profits. Your savings may boost your bank balance. You may plan to invest in your kid's future as well. You may also enjoy some delicious food at home. Your problems related to the throat, teeth, ear, or nose may be resolved now.

Cancer Jun 22 – July 23
Today You may enjoy work, and you may get a promotion after your hard work. You are likely to help some needy people, and your social respect may be increased now. Overworking your mind may make you tired, and due to the workload, you may not be able to reach some family get-togethers. Your parents' health may have recovered.

Leo Jul 24 – Aug 23
Today, projects that were stopped without a reason may start automatically. You may be satisfied at work. You may plan for a short work-related trip. You may also visit some religious places to maintain your internal strength. Your elders may show you the right path, which may help you achieve your goals.

Virgo Aug 24 – Sep 23
Today, you may feel dull, and you may also face health issues. It is advised to keep your mind cool. Read the documents carefully before signing them. You may face difficulty recovering your money. You are also advised to avoid going on an adventure tour. Students are advised to go for in-depth study to achieve success.

Libra Sep 24 – Oct 22
Today, you may be relaxed after a messy situation. Your inner strength may help you implement some difficult decisions in your parental business, which may grow your business. You may help needy people around you, which may increase your social respect. Students might be clear in choosing their career options.

Scorpio Oct 23 – Nov 22
Today, you may be busy at home. You may buy some artefacts or crea- tive stuff to renovate your house, which may increase your social status. You may also invest in properties and other fixed assets. You are likely to enjoy your romantic moments with your spouse, which may increase your emotional relationship. Singles may hear good news in terms of marriage.

Sagittarius Nov 23 – Dec 22
Today, you may feel happy. Old health issues related to elders may be cured. Money that was stuck may be recovered now, which may increase the liquidity in the business. People who are in their job may change their job to seek a promotion. Job seekers may get a job with the help of any friend's reference. Natives who are working in state-related jobs are likely to get benefits.

Capricorn Dec 23 – Jan 20
Today, you may prefer gaining knowledge; you may understand the value of intellectual assets. Sometimes you may control your short temper, which may help you perform your task smoothly. There may be some chances for smooth earnings, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets.

Aquarius Jan 21 – Feb 19
Today, you may feel dull. You may not be able to sustain yourself in the current situation. You may make silly mistakes, which may affect your confidence level. Your working efficiency may slow down, which may affect your day-to-day work. Your projects are likely to be delayed, which may affect your professional life. Before taking any important decision, you are advised to take advice from your elders.

Pisces Feb 20 – Mar 20
Today, you may be energetic or more focused, which may speed up your current task. Your subordinates may help you start a new project, which may give you profit in the near future. You may expect some short trips related to your family issues. Job seekers may hear good news in terms of jobs.

KIDZONE

Jayden Nomi Cyriac, 9 years, Frank Anthoy Public School

Roshni A, 13 years, The Home School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Total wall area = (6+8)×2×3 = 84m²
Windows and door are = 4×1.2×3/4+2×.80 = 5.2m²; = 5.2×100/84 = 130/21 = 6.19% approximately

BULL'S EYE
cast, coast, cost, oust, OUTCAST, scat, scout, stout, toast

QUOTE UNCODE
Culture is the widening of the mind and of the spirit.

FAST FIVE

T	A	B	O	R
O	R	I	B	I
P	O	L	O	S
A	M	B	L	E
Z	A	Y	I	N

STRIKE OUT

P	R	E	S	I	D	E	D	■	D	I	S	I	E	E
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R	A	A	R	E	■	E	S	C	A	L	A	T	E	■
E	■	E	S	T	O	P	■	N	■	N	■	M	■	■
I	D	E	A	■	J	E	A	L	O	U	S	Y	■	■
R	■	N	E	Z	■	U	■	A	■	H	■	■	■	■
E	S	O	T	E	R	I	C	■	I	S	N	T	■	■
E	R	I	■	R	B	■	S	■	E	■	■	■	■	■
■	E	P	E	S	■	K	I	O	S	K	■	■	■	■
■	■	V	■	P	■	D	■	G	■	E	O	N	■	■
T	A	S	K	■	C	A	M	E	I	N	T	O	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
P	L	E	A	S	A	N	T	■	E	R	A	S	■	■
I	■	N	■	T	■	E	■	A	N	I	■	T	■	■
I	N	■	N	O	T	C	H	■	U	■	■	■	■	■

QUICK

■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
1: the number formed at the top is half of the number formed i.e. 358 × 2 = 716

RIDDLER
Take out 5000 pearls. If the remaining pearl is white, then you've won 5000 gold bars!

SUDOKU

5	3	9	7	4	8	6	1	2
1	2	7	9	3	6	5	4	8
8	6	4	5	1	2	3	7	9
3	1	8	4	7	9	6	2	5
9	7	2	6	5	3	4	8	1
6	4	5	8	2	1	7	9	3
2	5	6	1	9	7	8	3	4
7	9	1	3	8	4	2	5	6
4	8	3	2	6	5	9	1	7

ALPHA TRIANGLE
L, Le, Let, Lest, Steel, Relets, Swelter.

LOOP

GO FIGURE
Easy
8 + 5 − 3 + 1 = 9
Medium
3 + 8 − 5 × 6 = 36
Hard
6 × 2 / 3 × 3 = 12

KAKURO

4	3	1	2	9	7	5	8	6
6	1	5	3	8	9	7	4	2
7	2	9	1	6	5	3	4	8
1	9	8	7	4	6	2	5	3
3	5	7	9	2	8	6	1	4
2	4	6	5	3	1	9	7	8
5	8	3	6	1	4	7	9	2
9	6	4	8	7	2	1	3	5
8	7	2	4	5	3	8	6	9

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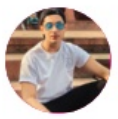


Agastya joins grandpa at fans meet — Megastar Amitabh Bachchan, who is known for greeting his fans outside his residence on every Sunday, from the past over 40 years, was this time joined by his grandson Agastya Nanda

SANDALWOOD SHOTS
Y MAHESWARA REDDY

An entertainer

The shoot of Kannada movie Backbenchers is over and one of the songs of the movie was released through Anand Audio recently. Oscar-winning music director AR Rahman released the song online and wished the cast and crew good luck.

According to director BR Rajasekhar, the song was sung by Vijay Prakash and music is scored by Nakul Abhayankar and the movie is bankrolled by Ramya under the PP Productions banner.

"Most of the cast are newcomers. We organised a workshop for one year for them to hone their acting skills. Backbenchers will provide complete entertainment to the audiences. It has the potential to transport the audiences to their college days. They will relate with the characters in the movie while watching it at theaters. The shooting of the movie was completed in 35 days in and around Bengaluru," said director Rajasekhar.

According to music director Nakul Abhayankar, the movie has seven songs and the first song has become a huge hit already.

Aravind Kuppikar, Ranjan Narasimhamurthy, Jathin Aryan, Akash, Shashank Simha, Manya Gowda, Kumkum, Anusha Suresh, Manoj Shetty, Namitha Gowda are the cast of the movie.

Going places

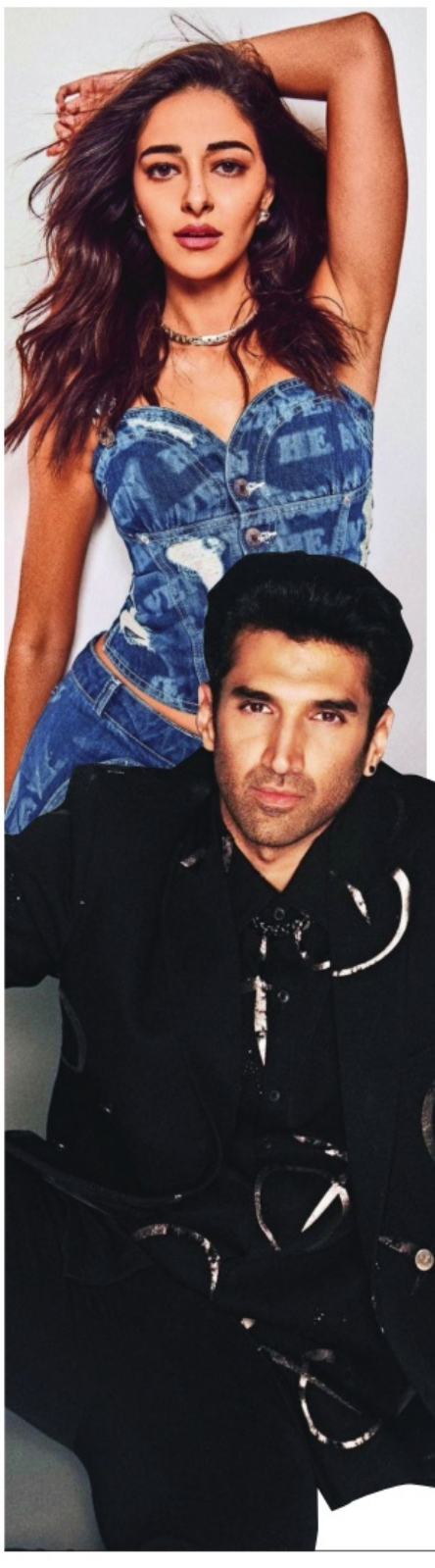
The short film Hide and Seek, directed by Karen Kshiti Suvarana, has been selected for screening at the Cannes Film Festival. Karen Kshiti Suvarna, a 20-year-old woman from Mangaluru, is the director of the movie that focuses on the dangers of schizophrenia.

It is said the short film revolves around a man who one morning starts finding it difficult to recall the previous night's incidents. What is the reason for his dilemma, how will he deal with it and how he comes out of such a condition is what the short film is all about.

Karen Kshiti Suvarana told BM that she hails from Mangaluru and has been pursuing film direction course at Atharva Film Institute, Mumbai. "It is my third year at Atharva Film Institute. I selected schizophrenia as the subject for this short film as I wanted people to remember my short film after watching it. Krishna Puri, Garima Agarwal and Atharva Dhotre are the cast of the film that was shot in three days at multiple locations in Mumbai," Suvarana said.

The duration of the short film is 10 minutes. Visika Films has bankrolled the film in association with Mohan and Manu Gorur.

Right choice



How Aditya dodges personal questions

In a new promo for Koffee with Karan season 8, actor Aditya Roy Kapur finds himself in the spotlight as he navigates questions about his love life. The episode, featuring Aditya and Arjun Kapoor as guests, showcases a playful banter that hints at Aditya's rumored relationship with Ananya Panday and his past connection with Shraddha Kapoor. When asked to choose between Ananya and Shraddha during a hypothetical elevator scenario, Aditya's reaction raised eyebrows.

Arjun Kapoor playfully suggested that Aditya would certainly indulge in some romance, but left it open-ended as to who the lucky lady would be. Aditya responded with surprise, leaving the question unanswered.

Meanwhile, Karan Johar, the host of Koffee with Karan, inquired about the rumors surrounding Aditya and Ananya's relationship. Aditya tactfully deflected the question, stating, "Ask me no secrets, and I will tell you no lies." Sensing his discomfort, Karan swiftly moved on to a different topic.

The speculations about Aditya and Ananya's romance began when they attended a Diwali party together last year. Subsequently, they have been spotted on various occasions, including vacations and at airports. Paparazzi capture their moments together in Mumbai. This is not the first time Aditya has faced questions about his relationships on Koffee with Karan. In a previous season, he appeared with Shraddha Kapoor, his rumored ex-girlfriend. Arjun Kapoor's playful remark reignited interest in their bond. **—ETimes**

Not staring, just looking!

Ever since Animal has released, Triptii Dimri's popularity has gone sky-high. While the actress got some criticism for her performance in the movie, Triptii has become the national crush of sorts, overnight. People loved her innocence in the movie apart from how she looked. But her chemistry with Ranbir Kapoorstole the show. Fans cannot stop gushing over this on-screen pair's chemistry.

Meanwhile, a video of Triptii andRanbir during the promotions of 'Animal' went viral. One saw that Triptii was nervous but she was also stealing glances at Ranbir. Fans thought she was smitten by him and sparks could have flown between them, if Ranbir was not married. Now Tripti has finally reacted to this viral video. The actress has said during an interview with Sidharth Kannan, they were at the screening and wanted to take a picture of the entire cast together. That's when Ranbir was right in front of Tripti, talking to someone. "If someone is talking to someone right in front of me, obviously you will look at the person," exclaimed Tripti.

Infact, Triptii further added that her father called her after seeing the video and asked her if she was nervous because she was rubbing her hands. Her dad gauged it. **— ETimes**

Lupita Nyong'o named first black Berlinale jury chief

Kenyan-Mexican actor Lupita Nyong'o will in February head up the jury at Berlin's international film festival, Europe's first major cinema showcase of the year, organisers said Monday. The Berlinale, as the event is known, told AFP that Nyong'o, 40, would be the first black person in its 74-year history to lead the panel selecting the winners of the Golden and Silver Bear top prizes.

Festival chiefs Mariette Rissenbeek and Carlo Chatrian said they were "happy and proud" that Nyong'o, who won an Academy Award for Best Supporting Actress in "12 Years a Slave", had accepted the post. "Lupita Nyong'o embodies what we like in cinema: versatility in embracing different projects, addressing different audiences and consistency to one idea that is quite recognisable in her characters, as diverse as they may look," they said. **—AFP**